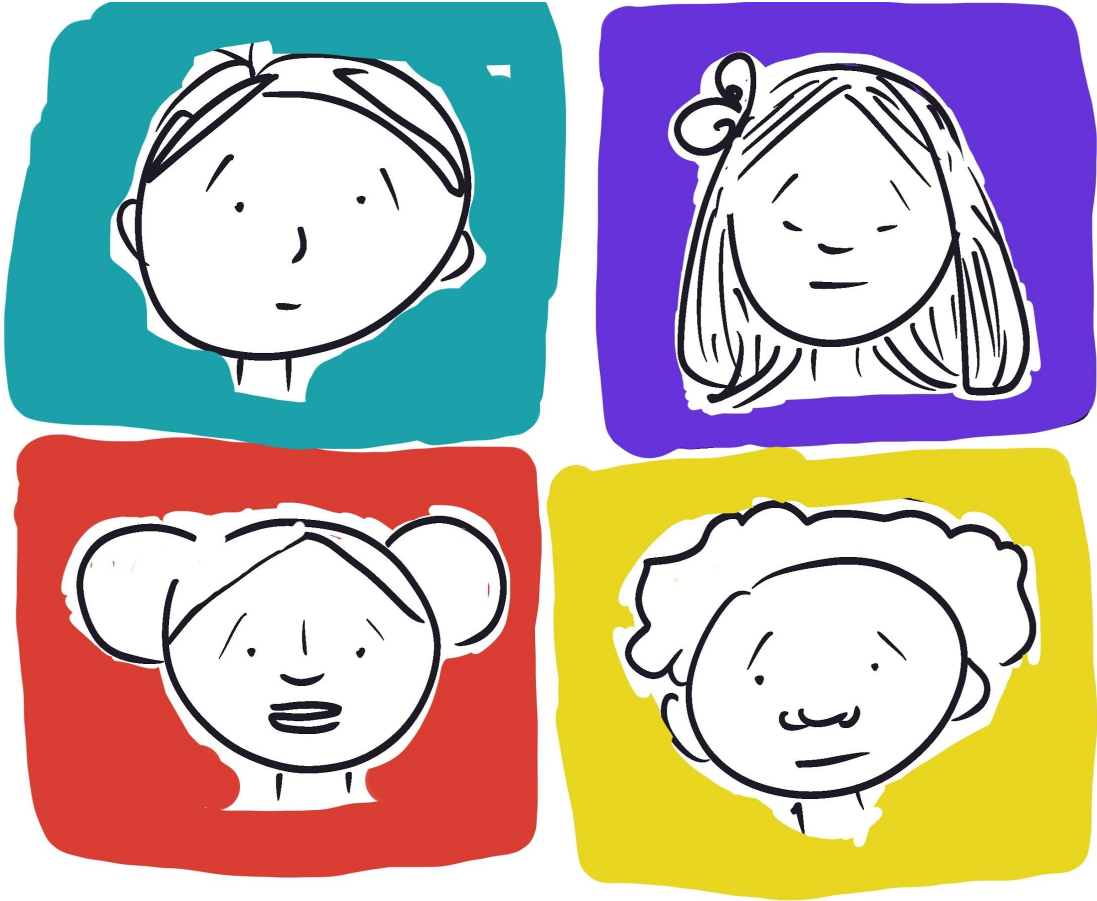


Sometimes I don't want talk about it

Big Questions for Little Humans

Episode 3



A collection of mini stories that will help to explore big questions for little humans. Join Luki and friends as they navigate different emotions and situations meant to inspire conversations about feelings.

Lee-Ann Matthews & Katerin Kuki Juretic

BIG QUESTIONS FOR LITTLE HUMANS
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Sometimes I don't want to talk about it

Sometimes I don't want to talk about it,
I just don't want to talk.
Sometimes I don't want to use words, sometimes I just want to walk.

...Or flap my wings
...Or hop
...Or sing or run around and play

Sometimes I don't want to talk about it, ***I have nothing at all to say.***

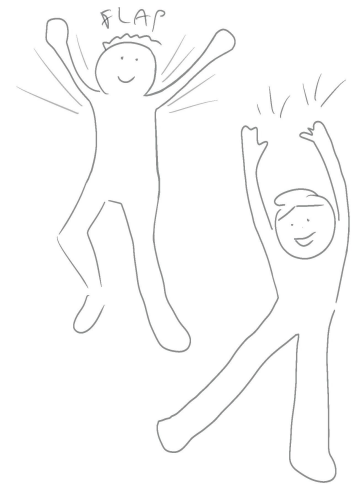
They ask me how I'm feeling.
They look at me and wait.
I don't know how to answer, but I do know how to skate...

I like to move my body,
And let my thoughts catch up.
I like to be a froggy - it's like I just can't stop!

I don't even have to try, it just feels like all is right.
I like to move and stomp.
Jump up with all my might!

I know when I am playing, it's mine and it's real.
Maybe tomorrow I'll be ready,
To talk about how I feel.

But right now I don't want to talk about it.
I just don't want to talk.



Big Questions for Little Humans

Reading Guide: Take your time with the questions. Give your “little humans” ample space to answer, let them reflect and think. There are no wrong answers. This is a conversation that may take some time and patience. Make sure not to interrupt and to be an active listener when they are speaking.

- When you are sad, angry or upset does moving your body make you feel better? Describe a time when you may have felt this way.
- How does it feel when someone tells you they don't want to talk? Do you think it's fair? Why or why not?
- Has a grown up ever asked you to talk about something when you didn't feel like talking? What did you do? Is it different when it's a friend or someone your own age? If yes, how?

Illustrate how it feels when you don't want to talk, in the space below.

